



## Effect of probiotics in the treatment of gastrointestinal symptoms in patients with scleroderma

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### Abstract

**Background:** Treatment of gastrointestinal symptoms in patients with systemic sclerosis has been a challenge for years. Drugs, immunosuppressive or anti-fibrotic have always been associated with complications. The effectiveness of probiotics as live microorganisms of nonpathogenic always was to treat the symptoms. **Methods:** In this clinical trial, 37 patients with systemic sclerosis with mild to severe symptoms in the intervention and control groups were studied. Inventory (UCLA SCTC GIT 2.0) was used for rating the severity of the gastrointestinal tract. Collected data was analyzed by statistical methods using SPSS.19. **Results:** Improvement was seen in total score after the use of probiotics in gastrointestinal reflux condition ( $P=0.001$ ), gastric distention ( $P=0.001$ ), emotional function ( $P=0.001$ ), social. **Conclusions:** This study showed that probiotics were significantly effective in treatment of gastrointestinal symptoms in patients with systemic sclerosis